SUMMER Safety Notes on...

HEAT INJURIES

Anyone, at any age, can suffer the effects of extreme heat.

Medicines and Heat Don't Mix
Certain types of medicines can have an adverse reaction with exposure to excessive heat. Certain medications such as diuretics (water loss pills) are known to make people susceptible to heat injuries.

What is a "heat wave"
Heat waves are long periods of excessive heat.

The three degrees of heat emergencies

HEAT CRAMPS
These are muscular pains and spasms that are caused by heavy exertion. The pain is most noticeable in the legs and abdominal muscles.
Treatment: Get the person to a cooler place and sit or rest in a comfortable position. Lightly stretch the affected muscles. Replenish lost liquids at the rate of a half a glass of cool water every fifteen minutes. Don't give the person alcoholic drinks or those with caffeine as they will worsen the situation.

HEAT EXHAUSTION
As a person continues to exercise, play or work, in an excessively hot and humid climate an increasing amount of body fluids are lost. The blood flow to the skin will increase, cause a decrease in blood flow to body organs.
Mild shock can set in. The skin can become cool and moist, and could appear to be pale or flushed. Headache, dizziness and nausea can be present. You must work fast to prevent the person from progressing to "heat stroke".
Treatment: Move the person to a cool place and loosen or remove their clothing. Apply cool, wet clothes to the victim. Anything can be used, towels, sheets, whatever is available.
Replace fluids by having the person drink a half a glass of water every fifteen minutes. Keep the person in a comfortable position and observe for a change in their condition. As always, alcohol and caffeine are to be avoided.

HEAT STROKE (Sunstroke)
Heat stroke is life-threatening. If not caught in time and measures taken to reverse the condition, brain damage can result. The system which controls the victim's body temperature stops working. The cooling process ceases and the person continues to become hotter. Look for:
• Red, hot skin
• Rapid and weak pulse
• Rapid and shallow breathing
• Body temperature can run as high as 105 degrees
• Usually the skin is dry because the persons has lost their fluids
Treatment: Call 911. This person needs professional medical attention.
• Immerse the person in water
• Soak sheets, towels or other absorbent material in water and wrap them around the victi is no sufficient water to immerse the person.
• Continuously give the victim water unless they are vomiting or unconscious

Protect Yourself
• Slow down activity in extreme weather
• Do the most strenuous work in the coolest part of the day
• Avoid unnecessary strenuous activity
• Stay in doors or at least in the shade as much as possible
• Wear light-weight and light-color clothing
• Drink plenty of water regularly
• Eat small meals and avoid meals which contain a lot of protein. Protein causes metabolic
• Avoid salt, alcohol and caffeine